

## POST VOID DRIBBLE! SYMPTOM, SIGN, PHYSIOLOGY OR DISEASE! DOES TURP CURE IT?

### Hypothesis / aims of study

Post void dribble is a common bothersome condition in most men undergoing TURP for predominantly obstructive LUTS. The etiology continues to be debatable and it could be caused by a weak bulbocavernosus muscle unable to empty the bulbar portion of the urethra by reflex action after voiding. Patients believe that most of their symptoms including post void dribble will settle following TURP. The purpose of this study was to assess whether post void dribble resolves after surgical intervention or not? The objective of this study was to determine patient perceived outcomes of TURP on post void dribbling.

### Study design, materials and methods

Multivariate analysis of data collected retrospectively to Audit the clinical outcome of 100 men undergoing standard monopolar Glycine TURP as overnight stay in a District General Hospital by a single surgeon identified Post void Dribble as a persistent symptom in more than one third of patients. This led to review of their case notes and GP letters

### Results

Mean age was 79.4 years (60.7 – 88.2) years. Follow up ranged from 4 to 22 months. Clinical outcome was statistically comparable to the national and international standards.

Post void dribble was identified as a single, prominent symptom which persisted more than 3 months following surgery and continued to be a bothersome symptom for up to 6 months post TURP in 38%. Two third of these men became happy and symptom free after appropriate counselling in the clinic about the nature of the condition and the need to spend an extra minute in the toilet to milk the remaining urine from the urethra manually using a tissue after voiding.

### Interpretation of results

While evaluating the clinical outcome following an audit of 100 men who underwent TURP for predominantly obstructive LUTS or retention of urine, post void dribble was identified as a single symptom which did not resolve with surgical intervention in 38% men. Two third of these Men finally responded to simple education of milking the urethra post void and spending an extra minute in the toilet with a tissue. It appears that the column of urine remaining in the urethra after voiding, extending from external sphincter to the tip of the penis gradually gravitates resulting in post void dribble and this can be easily corrected by spending an extra minute in the toilet and milking the urethra using toilet tissue to avoid soiling of clothes.

### Concluding message

This study suggests that post micturation dribble as a bothersome symptom does not respond to TURP and improves mostly with patient education i.e. urethral milking after voiding. More research is needed to address this simple but bothersome issue.

### References

1. Nippon Hinyokika Gakkai Zasshi. 2010 Mar;101(3):554-7
2. Nippon Hinyokika Gakkai Zasshi. 2008 Nov;99(7):723-8
3. Nurs Stand. 2008 Apr 2-8;22(30):43-6.

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<b>Is this a clinical trial?</b>	<b>No</b>
<b>What were the subjects in the study?</b>	<b>HUMAN</b>
<b>Was this study approved by an ethics committee?</b>	<b>No</b>
<b>This study did not require ethics committee approval because</b>	<b>Its a retrospective Audit</b>
<b>Was the Declaration of Helsinki followed?</b>	<b>Yes</b>
<b>Was informed consent obtained from the patients?</b>	<b>No</b>